



STEPS Key Findings (2024)

The STEPS survey of Non-Communicable Diseases (NCD) risk factors in Trinidad and Tobago was conducted from May to August 2024, for Step 1, Step 2 and Step 3. Sociodemographic and behavioural information was collected in Step 1. Physical measurements such as height, weight and blood pressure were collected in Step 2. Biochemical measurements were collected to assess blood glucose and cholesterol levels in Step 3. The survey was a population-based survey of resident adults aged 18-69. A total of 4,052 adults participated in the survey.

The following are the key findings from the 2024 STEPS Survey.

TOBACCO AND ALCOHOL USE

* Prevalence among the adult population



21.3% of the population currently reported smoking tobacco daily

SMOKING

31.5%
higher among
males



11.0%
lower among
females



51.5% of the population currently reported drinking alcohol in the last 30 days

ALCOHOL

59.6%
higher among
males



43.4%
lower among
females



* The figures represent the prevalence of the NCD risk factors within the age group 18-69, weighted to represent the entire adult population of Trinidad and Tobago.



DIET AND PHYSICAL ACTIVITY

DIET



93.3% eat less than 5 servings of fruit and/or vegetables per day

* Prevalence among the adult population

DAILY DIET



PHYSICAL ACTIVITY



25.3% engage in less than 150 minutes of moderate activity weekly. (i.e. insufficient activity)

MEDIAN DAILY ACTIVITY (102.9 MINUTES)



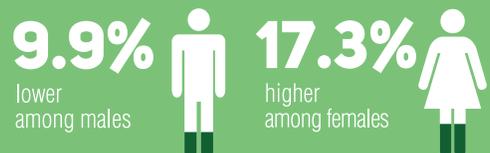
MENTAL HEALTH



experience symptoms of depression

13.6% within the last 12 months.

DEPRESSION



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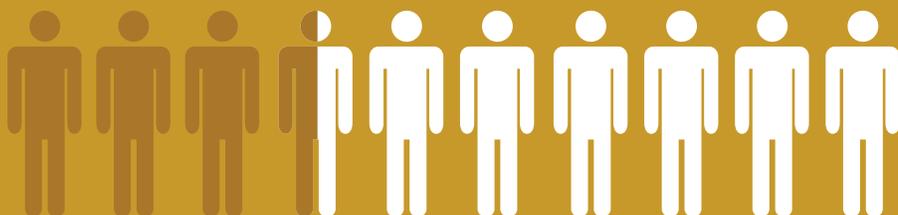
COMBINED RISK FACTORS

RISK FACTORS - (1) CURRENT DAILY SMOKERS, (2) < 5 SERVINGS OF FRUIT AND/OR VEGETABLES PER DAY, (3) LOW LEVELS OF PHYSICAL ACTIVITY, (4) OVERWEIGHT, (5) RAISED BP (SBP \geq 140 AND OR DBP \geq 90 MMHG OR CURRENTLY ON MEDICATION FOR RAISED BP)



only **1.6%** of adults have none of the 5 combined risk factors

THREE OR MORE RISK FACTORS



38.4% More than a third of our population have 3 or more risk factors

BODY MASS INDEX (BMI)

MEAN BMI (KG/M²):

27.8

26.6
mean bmi
among
males



28.9
mean bmi
among females



ADULTS:

61.2%

* Prevalence among the adult population

of adults were overweight or obese ie BMI \geq 25 kgm²

55.3%
of males were
overweight



67.2%
of females
were
overweight



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BLOOD PRESSURE AND FASTING BLOOD SUGAR (GLUCOSE)

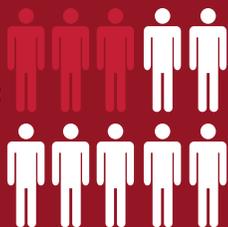
RAISED BLOOD PRESSURE

[BP (SBP \geq 140 AND/OR DBP \geq 90MMHG OR CURRENTLY ON MEDICATION FOR RAISED BLOOD PRESSURE)

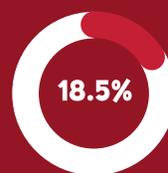
* Prevalence among the adult population

29.0%

of the population have raised blood pressure



Only 18.5% have their raised BP under control.



33.0%
males



24.9%
females



10.2%
males



29.3%
females



RAISED FASTING BLOOD SUGAR (GLUCOSE)

(PLASMA VENOUS VALUE \geq 126 MG/DL) OR CURRENTLY ON MEDICATION FOR RAISED BLOOD GLUCOSE

* Prevalence among the adult population



15.8% have a raised fasting blood glucose

14.3%
males



12.3%
females



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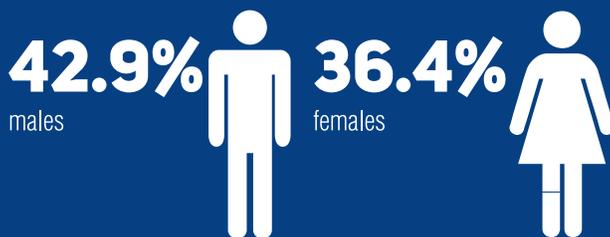
RAISED TOTAL CHOLESTEROL AND 10 YEAR CARDIOVASCULAR DISEASE RISK

RAISED TOTAL CHOLESTEROL
(≥ 190 MG/DL OR CURRENTLY ON MEDICATION FOR RAISED CHOLESTEROL)

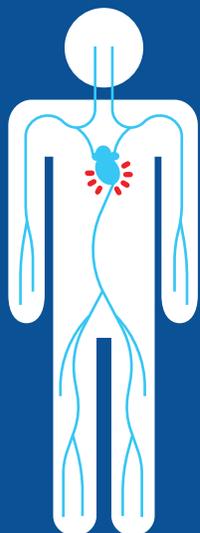


39.6% have raised total cholesterol

* Prevalence among the adult population



10-YEAR CVD RISK:
($\geq 20\%$ OR WITH EXISTING CVD)



* Prevalence among the adult population



11.8% of adults aged 40-69 years have a $\geq 20\%$ risk of cardiovascular disease in the next 10 years.

* The figures represent the prevalence of the NCD risk factors within the age group 18-69, weighted to represent the entire adult population of Trinidad and Tobago.